

| | |
|--|---|
| ▶ DIABETES PREVENTION PROGRAM... | 1 |
| ▶ HEALTHY LIFESTYLE..... | 2 |
| ▶ NEW CDC RESOURCES..... | 3 |
| ▶ AWARENESS MONTHS..... | 4 |
| ▶ COMMUNITIES TAKE ACTION..... | 5 |
| ▶ UPCOMING NEWS AND ANNOUNCEMENTS..... | 6 |

INControl

Cardiovascular Health & Diabetes

INDIANA STATE DEPARTMENT OF HEALTH CARDIOVASCULAR HEALTH & DIABETES SECTION:

TO REDUCE THE BURDEN OF DIABETES, CARDIOVASCULAR DISEASE AND STROKE IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

National Diabetes Prevention Program

The Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (DPP) was developed to prevent type 2 diabetes. Based on a research study by the National Institutes of Health (NIH) and the CDC, this program is designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes.

The CDC estimates that one of every three U.S. adults had prediabetes in 2010. That is 79 million Americans aged 20 years or older. The vast majority of people living with prediabetes do not know they have it. People with prediabetes have blood glucose (blood sugar) levels that are higher than normal, but not high enough to be diagnosed as type 2 diabetes.

People with prediabetes are five to 15 times more likely to develop type 2 diabetes than people with normal blood glucose (blood sugar) levels. When steps are taken to prevent type 2 diabetes, the risk for possible complications of diabetes such as heart disease, stroke, kidney disease, blindness, nerve damage and other health problems, are also lowered.

The DPP research study showed that people with prediabetes who lose a modest amount of weight (5% to 7%) and increase their physical activity to 150 minutes a week can prevent or delay the onset of type 2 diabetes. These modest behavior changes reduce the risk of developing type 2 diabetes by 58 percent in people at high risk for diabetes.

This 12-month program is designed to educate and support participants as they make these healthy lifestyle changes. The DPP program meets in a group setting for 16 core sessions (usually once per week) and 6 post-core sessions (once per month). Lifestyle coaches lead each group to identify emotions and situations that can sabotage their success in achieving their weight reduction by reducing fat and calories and physical activity goals. The group process encourages participants to share challenges, successes and strategies for dealing with situations.

The inaugural partners of the DPP were the Y (also known as YMCA of the USA) and UnitedHealth Group (UHG). These partner organizations were instrumental in starting the national program and continue to expand the reach of evidence-based lifestyle programs. CDC is enthusiastic about other organizations becoming involved in the program and encourages collaboration among federal agencies, community-based organizations, employers, insurers, health care professionals, academia and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes in the United States.

Many factors increase your risk for prediabetes and type 2 diabetes.

- 45 years of age or older
- Overweight
- A parent and/or sibling with diabetes
- African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Diabetes while pregnant (gestational diabetes), or birth to a baby weighing 9 pounds or more
- Physically active less than three times a week

Learn more about the [National Diabetes Prevention Program](#).

Find a [Nationally Recognized Diabetes Prevention Program in Indiana](#).

Learn more about the [Y-Diabetes Prevention Program in Indiana](#).

Marion County Public Health Department Heart Alive Program

This unique Cardiovascular Screening and Education Program is designed to improve your community's health for a lifetime. Heart Alive is offered on-site to businesses and organizations within Marion County. High blood pressure, high cholesterol and lack of physical activity are a few major risk factors for cardiovascular disease (CVD) that can be controlled. This program is intended to help individuals reduce their risk by making choices to live a heart healthy lifestyle.

The program provides:

- *Screening for total cholesterol, HDL cholesterol and diabetes*
- *Height, weight and waist/hip measurements*
- *Blood pressure and pulse monitoring*
- *Test result interpretation*
- *Four separate education sessions to help enable changes in diet and physical activity*
- *6-month follow up and re-screening*

Call 317-221-2097 for more information.

American Diabetes Association Hosting Educational Events

2nd Annual Diabetes Think Tank Conference

Keynote Speaker will be Charlie Kimball,
Indy Racing League Driver.

Indiana employers will discuss the impact of ALL types of diabetes on the workplace, how employees need to manage diabetes, why it is important for employees to understand diabetes management and prevention of type 2 diabetes.

DATE: Tuesday, Nov. 27

TIME: 7:30 a.m.—11:30 a.m.

WHERE: Indiana Chamber of Commerce Conference Center
115 W. Washington Street
Indianapolis

For Information: Beth Grant at 317-352-9226
or egrant@diabetes.org

The first Senior Signature Series

In partnership with the Arthritis Foundation and
Cancer Support Community.

Learn how the three diseases are related. Medical experts and pharmacists will be available to answer questions. VA benefits, Medicare and Medicaid will be discussed. Also, cooking demonstrations and exercise suggestions for people with these diseases will be offered.

DATE: Saturday, Dec. 1

TIME: 9 a.m.—3 p.m.

WHERE: IU Fairbanks Hall
340 W. 10th Street
Indianapolis

For Information: Carol Dixon at 317-352-9226
or cdixon@diabetes.org

American Heart Association Hosting “Most Powerful Voices Concert”

National gospel artist **Kurt Carr** will join local choirs in a night of music and to raise awareness about stroke – the fourth-leading cause of death in the United States.

DATE: Saturday, Oct. 27

TIME: 5 p.m. Health Screenings
7 p.m. Concert

WHERE: Light of the World Christian Church
4646 N. Michigan Rd.
Indianapolis

For more information, go to the [American Heart Association of Indiana website](http://AmericanHeartAssociation.org).

Too Sweet for Your Own Good Conference

Take control of your diabetes. Learn more about monitoring your blood sugar, eating the right foods, and exercise. Presented by Statewide Minority Diabetes Alliance of Marion County in collaboration with the National Kidney Foundation of Indiana and others.

DATE: Saturday, Nov. 17

TIME: 9:30 a.m.—2:30 p.m. (lunch provided)

WHERE: IU Fairbanks Hall
340 W. 10th Street
Indianapolis

YOU MUST REGISTER IN ADVANCE. SEATING IS LIMITED.

Call the National Kidney Foundation to register at 1-800-382-9971

CDC Vital Signs - Getting Blood Pressure Under Control

These new resources emphasize the risk of high blood pressure and the number of people that don't have it under control. Doctors, nurses and others in health care systems need to make blood pressure a priority for their patients.

High blood pressure is a major risk factor for heart disease and stroke, both of which are leading causes of death in Indiana and the US. Nearly one-third of all American adults have high blood pressure and more than half of them don't have it under control. Many people with uncontrolled high blood pressure don't know they have it. Millions are taking blood pressure medicines, but their blood pressure is still not under control. There are many missed opportunities for people with high blood pressure to gain control.

- View the [Vital Signs Fact Sheet](#)
- Read the [MMWR Vital Signs: Awareness and Treatment of Uncontrolled Hypertension Among Adults — United States, 2003–2010](#)
- Visit the [Vital Signs website](#)

Diabetic Eye Disease Education Can Help Prevent Blindness

Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of blindness in adults 20–74 years of age. According to the National Eye Institute (NEI), 7.7 million people age 40 and older have diabetic retinopathy. While all people with diabetes can develop diabetic eye disease, African Americans, American Indians/Alaska Natives, Hispanics/Latinos and older adults with diabetes are at higher risk of losing vision or going blind from it. The good news is that with early detection, timely treatment and appropriate follow-up, the risk of vision loss and blindness from diabetes can be reduced.

To find resources to assist with diabetic eye disease education activities, please visit the [NEHEP Website](#).

CDC Update for People with Diabetes and Hepatitis B Vaccine

The Advisory Committee on Immunization Practices (ACIP) was recently prompted to evaluate the risk for the Hepatitis B infection among all adults with diagnosed diabetes and change their recommendations for vaccination.

Since 1996, a total of 29 outbreaks of Hepatitis B infection have been reported to the CDC. Twenty-five of these outbreaks involved adults with diabetes receiving assisted blood glucose monitoring. Hepatitis B infection can be transmitted by medical equipment that is contaminated with blood that is not visible to the unaided eye. Exposure to Hepatitis B can occur as a result of assisted monitoring of blood glucose and other procedures involving other injection equipment shared between persons.

Hepatitis B vaccinations have been used in the United States since 1982. Extensive data supports the safety of the Hepatitis B vaccine in all age groups.

Based on this information and the risk for diabetes patients, the ACIP now recommends the Hepatitis B vaccination should be administered to unvaccinated adults with diabetes who are aged 19 through 59 years and at the discretion of the clinician for those 60 years and older.

To learn more about the recommendation, read the [MMWR Use of Hepatitis B Vaccination for Adults with Diabetes Mellitus: Recommendations of the Advisory Committee on Immunization Practices \(ACIP\)](#).

To learn more about the Hepatitis B vaccine, visit the [Indiana Immunization Coalition website](#).

NCOA Online Diabetes Management Program

Living with diabetes can be challenging. You have to monitor your blood sugar, eat the right foods, exercise, take your medication and visit your medical provider regularly. This **online interactive program** gives you the opportunity to participate in six classes to provide support and education as you face these challenges.

Interact with other people living with diabetes who are facing the same challenges as you and discover new ways to stay healthy - together. You will learn new tips to help you monitor your blood sugar, food, medication, and exercise - and even plan your weekly menu. You will create and track a weekly action plan to improve your health. You will be able to discuss problems you're facing - and find solutions with other participants—together.

Click below to register!
[**Better Choices, Better Health® - Diabetes**](#)

November is National Diabetes Awareness Month

According to the American Diabetes Association, it is estimated one in three American adults will have diabetes in 2050. The CDC states that America is facing an epidemic of diabetes and notes that according to the CDC scientists—the percentage of adults with diabetes could increase to 20 to 33 percent within the next four decades.

**During November, increase awareness of diabetes in your community.
Use the tools below to assist in your effort!**

American Diabetes Association materials

Help the ADA build the **true picture** of diabetes. You know the work, worries, struggles and triumphs of living with diabetes. [Upload your photo of the reality of a day in the life of diabetes.](#)

Click below to find ADA materials to increase the awareness of diabetes in your community.

Promotional Materials

[American Diabetes Month 2012 Fact Sheet](#)
[American Diabetes Month 2012 Newsletter Insert](#)
[American Diabetes Month 2012 PowerPoint Presentation](#)
[American Diabetes Month 2012 External Social Media Messages](#)

Promotional Materials - Spanish

[American Diabetes Month 2012 Fact Sheet - Spanish](#)
[American Diabetes Month 2012 Newsletter Insert - Spanish](#)

Posters

[American Diabetes Month 2012 11x17 Poster](#) (English)
[American Diabetes Month 2012 11x17 Poster - Black and White](#) (English)
[American Diabetes Month 2012 11x17 Poster](#) (Spanish)
[American Diabetes Month 2012 11x17 Poster - Black and White](#) (Spanish)

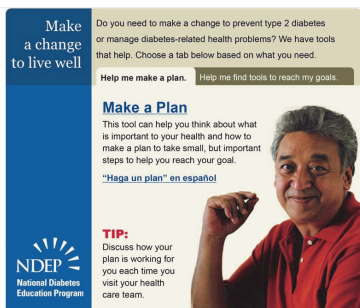
Web Banners

[Web Banners](#) (English)
[Web Banners](#) (Spanish)



[More materials \(poster and banner sizes, etc\).....](#)

NDEP Diabetes Month materials



NDEP wants to **change the way diabetes is treated**. Many people want to make changes to live well with diabetes but it can be hard. Find the materials and online assistance to help change the way diabetes is treated.

[Campaign key messages \(English\)](#)
[Campaign key messages \(Spanish\)](#)
[News Release \(English/Spanish\)](#)
[Feature Article \(English/Spanish\)](#)
[E-Signatures \(English/Spanish\)](#)
[Web Banner/Widget](#)
Follow on [Facebook](#) and [Twitter](#)
[Find other materials](#)

World Diabetes Federation Materials

This worldwide event designed by the International Diabetes Federation leads those in every nation to promote advocacy and awareness on November 14. Encourage those in your community to [WEAR BLUE](#) and utilize the materials below to celebrate in your community.

- [Logo](#)
- [Poster](#)
- [Banner](#)
- [Blue Circle Test](#)
- [Campaign Book](#)
- [Glycaemic Index Wheel and Healthy Food Plate](#)
- [Videos](#)
- [Social Media](#)
- [FAQs](#)



CDC Support of the Diabetes Prevention Program in Indiana

Recently the CDC offered two grant opportunities to large organizations to further expand the DPP program in the U.S. The first opportunity will assist in offering the DPP to more beneficiaries of Medicare and the second will expand the DPP into more communities. Two national organizations awarded these funds, the YMCA of the USA (Y-USA) and the National Association of Chronic Disease Directors (NACDD), have selected Indiana locations to assist in their efforts.



Y-USA

The Y-USA selected the YMCA of Greater Indianapolis (Y-Indy) as one of the pilot sites to implement their Healthcare Innovations Award. These three-year awards aim to implement projects that will deliver better health, improve care and lower costs to people enrolled in Medicare, Medicaid and Children's Health Insurance Program (CHIP), especially those with the highest health care needs.

The Y-Indy has offered the YMCA's Diabetes Prevention Program for several years. The DPP program designed by the [Indiana University School of Medicine—Diabetes Translation Center](#) worked with Y-Indy after the program's development to implement the DPP in the community.

Y-Indy's initial involvement in the program and their work with United Healthcare Group (UHG) has given them the experience needed to advance the Y-USA's efforts to expand the YDPP program in the communities with the greatest need.

Learn more about the [Y-Indy Diabetes Prevention Program](#).

View the [Y-Indy DPP Brochure](#).

Learn more about the [Healthcare Innovations Award and 2012 recipients](#).

Healthy Communities of Clinton County Coalition



The NACDD selected Clinton County, Indiana as one of their 10 locations to assist in the implementation of the 2012

Prevention and Public Health Fund Community ACHIEVE grants to expand the National DPP into more communities.

The Healthy Communities of Clinton County Coalition will be working towards this goal by recruiting and training DPP lifestyle coaches to lead the classes, building alliances with businesses and insurers to provide long-term financial support for lifestyle change classes, and ensuring the standards of the program are upheld to enable participants to achieve success.

Clinton County has proven its ability to achieve their goals. The coalition, formed in 2006, is a partnership of healthcare providers, service care providers, educators and community leaders interested in addressing issues of health in their community. Since it has been established, the coalition has received grants through several health organizations to address issues of safe routes to school, complete streets, tobacco cessation, asthma education, obesity prevention and minority health within the community.

Their past proven success and their interest in chronic disease prevention will provide them with the background needed to address diabetes prevention in Clinton County.

Learn more about [Healthy Communities of Clinton County Coalition](#) and the [NACDD](#).

Diabetes in Indiana

- In 2011, 10.1% of Indiana adults reported having diabetes.
- Diabetes is the seventh leading cause of death in Indiana.
- Diabetes prevalence increases with age. Nearly 15% of those aged 55-64 and 18% those aged 65+ have diabetes.
- In 2011, 71.9% of Indiana residents who have diabetes reported having high blood pressure, and 69.4% reported having high cholesterol.
- The prevalence of heart attacks among those who reported having diabetes was nearly 18% and those who reported having prediabetes was 8%.
- Diabetes is the leading cause of kidney failure, accounting for 44% of known cases of end-stage renal disease among Indiana residents in 2010.
- In 2011, 18.1% of Hoosier adults with diabetes reported vision problems due to diabetes.
- Diabetes is the leading cause of non-traumatic amputations, responsible for 44% of lower-limb amputations among Indiana residents in 2010.

For more information, view the [2012 Fact Sheet](#)

Click on each event for details

Kentucky Statewide Diabetes Symposium 2012

Friday, November 16, 2012

7:30 a.m. to 4:30 p.m.

Ramada Plaza Hotel and Conference Center

Triple Crown Pavilion

Louisville, KY

IRHA Fall Forum Conference

Thursday, November 15, 2012

8:30 a.m. to 3:15 p.m.

Primo West

2353 Perry Road

Plainfield, IN

Cardiovascular Health and Diabetes Coalition of Indiana (CADI) Update

CADI was formed when the Diabetes Advisory Council expanded to address cardiovascular health and diabetes. The council further resolved to enlarge their capabilities by becoming a coalition. CADI is now searching for new partners interested in cardiovascular health, stroke and diabetes. CADI is focused on engaging partners interested in uniting healthcare professionals and programs statewide with an interest in preventing and treating each patient, educating healthcare professionals and increasing awareness of cardiovascular disease, stroke and diabetes.

CADI meets quarterly. The next meeting will be Wednesday, December 12, 2012 at 1 p.m. The meeting location will be announced.

If you would like to become involved in CADI or would like more information, contact Temi Ekiran at cadicoordinator@gmail.com

NEWSLETTER CONTRIBUTIONS

The Cardiovascular Health and Diabetes Section will be publishing newsletters on a quarterly basis during 2013. The intent of the newsletter is to network diabetes, stroke and cardiovascular health care professionals around the state of Indiana, make readers aware of current programs and opportunities throughout the state and to provide the most current data and information on cardiovascular health, stroke and diabetes.

If you have any suggestions, articles, current events or topics that you would like to be a part of the next newsletter, please call Gail Wright at 317.233.7755 or email gawright@isdh.in.gov.

Collaborative Partners

* Logos used with permission of organizations.



If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Cardiovascular Health & Diabetes Section,
Phone: 317.233.7755 or Email: gawright@isdh.in.gov



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